

POST SHORTS

Recycling schedule

The residential and recycling pickup schedule for March 28, is paper. Put items in paper bags, boxes or bundles and place them on the curb.



Seminars for couples: married, engaged or dating

The Army Community Service Family Advocacy Program will present "If You Love Me," a series of information seminars for all couples, whether married, engaged or dating. The seminars will provide key elements to building and maintaining healthy relationships through:

- **Successful Communication Skills**
- **Setting Healthy Boundaries**
- **Learning to compromise from I to Us**

Seminars will be held 9 to 11:30 a.m. at ACS, building 2754, on March 24, April 14 and May 26.

To register contact Lynda Fernandez, 410-278-2435, or e-mail lynda.fernandez@apg.army.mil.

MCSC offers scholarships

The Military and Civilian Spouses' Club will administer scholarships for the 2007-2008 academic year to eligible winners in the following four categories: high school seniors, current undergraduate students, current graduate students and non full-time certification or continuing education and technical program students.

All applicants must either be an MCSC member or the dependent of a current active MCSC member. Applications for all scholarships are available from the MCSC Web site, www.apgmcsc.org, and must be postmarked by April 10.

For more information, visit www.apgmcsc.org or call 410-306-6668.

SAME Chesapeake presents Enhanced Use Lease Program briefing

The Society of American Military Engineers Chesapeake Post monthly meeting will be held 11:30 a.m., March 29, at the Top of the Bay

See SHORTS, page 7

ISSUE HIGHLIGHTS

Page 2... Educating children

Page 3... Free antivirus software emphasized for Army personnel

Page 5... Technology Expo coming

Page 6... Community Notes

Page 8... MWR

Page 11... NSPS update

Page 12... Choosing KUSAHC for health care

Page 13... 16th earns first place for Commander's Cup

Page 14,15... Army News

SMA addresses logistics summit

Story and photo by
YVONNE JOHNSON
APG News

The Sgt. Maj. of the Army, Command Sgt. Maj. Kenneth O. Preston, stopped at Aberdeen Proving Ground to discuss issues facing the Army during the U.S. Army Materiel Command's Senior Enlisted Logistics Summit held at Top of the Bay March 14.

The five-day conference was held March 12 to 16 and drew E-8s and E-9s from throughout AMC and other

Army commands.

Command Sgt. Maj. Eloy Alcivar, U.S. Army Research, Development and Engineering Command, hosted the event.

Guest speakers included Command Sgt. Maj. William J. Gaaney, senior enlisted advisor to the Chairman of the Joint Chiefs of Staff; Command Sgt. Maj. Mark S. Ripka, U.S. Joint Forces Command; Command Sgt. Maj. Marvin L. Hill, First U.S. Army; Command Sgt. Maj. David Roman, Defense Logistics Agency; Command Sgt.

Maj. Jeffrey J. Mellinger, Multi-National Force-Iraq; Command Sgt. Maj. Daniel K. Elder, AMC and Command Sgt. Maj. Allen Fritzching, U.S. Army Developmental Test Command.

Preston focused on the challenges of fighting the War on Terror while continuing the Army's transformation.

He talked about improving efficiency in all areas supporting the Warfighter. He briefed attendees on advances regarding the upgrading of high mobility multi-purpose

wheeled vehicles and the resetting of Brigade Combat Teams. He also emphasized the impact and importance of the Army Transformation, calling it "the largest transformation of our structure since World War II."

"All the missions around the world are focused on the transformation process and what it's going to do for our Soldiers," he said, adding that senior noncommissioned officers should "think predictability and stability."

"We want the Army to be more relevant and more logical

in design," he said.

In addition, he said that concerns over the effect of multiple deployments prompted a study among Soldiers and family members and that the findings were that "the attitudes of Soldiers and their families are exactly where [they need] to be."

"They are mission focused and saying that 'this is what the Army needs me to do and this is what I'm going to do,'" he said.

Regarding the current concerns over Army health care, See PRESTON, page 3

Aberdeen Chemical Agent Disposal Facility closes

ABCDF Public Affairs Office

The U.S. Army announced March 12 it has completed all activities required to close the Aberdeen Chemical Agent Disposal Facility located in Aberdeen Proving Ground South.

ABCDF safely neutralized 1,623 tons of mustard agent, decontaminated and disposed of the steel containers that once held the agent and demolished buildings used during the disposal process.

"Today marks a significant achievement in the global chemical weapons disarmament effort," said U.S. Army Chemical Materiel Agency Director (acting), Dale Ormond. "ABCDF is the first chemical weapons disposal facility in the continental U.S. to destroy its stockpile and decontaminate and demolish its plant. It is a model for all the other facilities that will follow suit. I am extremely proud of the ABCDF team of Army civilians and Bechtel National, the systems contractor, in reaching this goal."

The site has fewer buildings since the Ton Container Cleanout Facility and Process Neutralization Building, the two structures dedicated to agent destruction activities, have been demolished. Auxiliary buildings such as the medical infirmary and administrative trailers have also been removed. In addition, all waste generated from closure has been decontaminated and disposed.

The project was accelerated after the terrorist attacks on Sept. 11, 2001. Construction of the facility was completed in September 2002 and the mustard was neutralized from April 2003 until



Photo by CONRAD JOHNSON

Shears demolish the ABCDF plant in November 2006.

March 2005. February 2006 marked the end of the destruction of the 1,817 ton containers that held the agent.

"The workforce should be commended for its dedication and team effort," said Bechtel Aberdeen Project Manager Jimmie Willman. "It was a major challenge to eliminate the mustard while working within the confines of strict Army and EPA [Environmental Protection Agency] regulations."

"Safety has always been the cornerstone of our project," added ABCDF

Site Project Manager Brian O'Donnell. "We built, operated and now closed this facility with safety as the first priority. The fact that our safety record during closure is on par with banking institutions is testament to this."

Closing the Resource Conservation and Recovery Act permit issued by the state will take an additional few months to achieve. RCRA governs the construction, operation and closure of hazardous waste storage, treatment and disposal facilities. Since ABCDF is located on APG, its property and struc-

tures will remain under Army control after closure. Some of the equipment at ABCDF may be used at another CMA or U.S. government facility. The site will be re-used by APG.

The remaining disposal facilities are located in Anniston, Ala.; Pine Bluff, Ark.; Pueblo, Colo.; Newport, Ind.; Richmond, Ky; Umatilla, Ore.; and Tooele, Utah. ABCDF is the second chemical demilitarization facility to close; Johnston Atoll Chemical Agent Disposal System completed operations in November 2000.

APG pest management methods win IPM award

Story and photo by
HEATHER TASSMER
APG News

Members of the Integrated Pest Management Institute of North America, the U.S. Army Environmental Protection Agency and the U.S. Army Environmental Command recognized Aberdeen Proving Ground as IPM Star certified for using alternative pest-control methods in the Child Development and Youth centers during an awards ceremony at the main post chapel March 12.

APG is the sixth Army installation to receive the award, according to the IPM Institute, an EPA sponsored organization of IPM experts that evaluate public IPM school programs.

The APG IPM program, managed by the Garrison and USAEC, reduces the risk of chemical pesticide exposure to pre- and school-age children.

Col. John T. Wright, APG Garrison and deputy installation commander, credited Abdul Sheikh, APG entomol-

ogist for the Directorate of Installation Operations; APG pest management professionals and the CYS and CDC staffs for their commitment to keeping the children safe from pesticides.

He also thanked the managers of DIO, Morale Welfare and Recreation and the Directorate of Safety, Health and Environment, stating that "all three organizations contribute to a safe and effective environment" in APG's child care facilities.

Wright said because APG is so close to the water, it attracts pests such as wasps, mosquitoes and poisonous plants.

"We look forward to continuing the pest management plan," Wright said.

Sandra Alvey, senior pest management consultant at the AEC Preservation Branch and an Army Reservist, also shared some remarks before introducing Col. Michael O'Keefe, commander of USAEC. She stated that "nothing is more important to Soldiers than the care of their children so they can continue on

See IPM STAR, page 5



From left, Andréa Jenkins, Joint Project Manager of Nuclear Biological Chemical Contamination Avoidance; Denise Coleman, the Northeast Civilian Personnel Operations Center; Deb Dodsworth, Kirk U.S. Army Health Clinic, and Rosalyn Trieber, inspirational speaker, participate in a can-can during the workshop, "Whose Office is it Anyway?" The workshop was one of five conducted at the Federal Women's Program seminar at the APG South Conference Center March 7.

Celebrating women's history

Story and photo by
HEATHER TASSMER
APG News

In celebration of Women's History Month, Aberdeen Proving Ground employees attended the 17th annual Federal Women's Program training conference March 7 at the APG Conference Center.

FWP is an Equal Employment Opportunity program that promotes the advancement of federally employed women. This year's training conference theme was "Generations of Women Moving Forward."

During the conference, employees attended workshops to learn various skills they can apply to their professional and personal lives to make them more successful.

In his opening remarks, Col. John T. Wright, APG Garrison and deputy installation commander, said with more and more employees retiring each year, the federal government is challenged with finding replacements. He encouraged women to mentor their children and those in the community because one day they may be replacing someone in the fed-

eral workforce.

He also praised the FWP for mentoring women and said, "The FWP is a great program and I wish more people would participate. It gives people opportunities to gain new techniques and tips for the workplace. This is important because we spend most of our lives at work."

"Whose Office is it Anyway...Live Life Laughing While Working"

Rosalyn Trieber, inspirational speaker and owner of Trieber Associates Inc., a health educating firm, conducted the "Whose Office is it Anyway...Live Life Laughing While Working" workshop.

The workshop focused on staying motivated and stress free so that one can be a leader in the workforce.

"Every one of you is a leader," Trieber said. "Even if you aren't a supervisor, you still need to lead from your position and work as a team."

She suggested several methods on how to keep motivated in one's job. One method was keeping a folder of cards and letters of commendation as a reminder of all the hard work one has

See WOMEN, page 4



Richard Kyle, materials handler for Child and Youth Services, installs a screen at the Aberdeen Proving Ground North Child Development Center.

Army Environmental Command team supports literacy



Matt Andrews reads to Edgewood Elementary School second graders Eddie Fitzgerald Jr., Razell Fogle and Marvin Crews.



Edgewood Elementary School Principal Lisa Sundquist, left, and fifth grade teacher Kim Miller, dressed as the Cat in the Hat, greet students to Reading Day celebrating the character's 50th birthday on March 1.

Story by
DEBORAH ELLIOTT
USAEC

“Read Across America Day” provided the perfect occasion for Army employees to visit their favorite local school, Edgewood Elementary School March 1.

A group of professionals from the U.S. Army Environmental Command make a habit of taking time out of their day twice a year to read to the elementary-age students.

“I don’t know who had more fun or learned more – them or me,” said Matt Andrews, a long-time USAEC employee.

As did all of the other USAEC

volunteers, Andrews read books written by Dr. Seuss to the students in his assigned classes.

This was just one of many events that is part of a partnership the command has had with the school since 1997.

“Education is a key component of our mission to promote stewardship of our natural resources and sustainability of our environment,” said Bob DiMichele, USAEC public affairs officer. “Our commitment to these principles extends beyond the borders of the Army’s installations to the communities beyond our

gates,” DiMichele said. “The longstanding partnership we have with Edgewood Elementary School is one way we demonstrate this commitment, and we have the added pleasure of working with both the teachers and the students.”

This year the occasion for Reading Day was the 50th celebration of Dr. Seuss’ character the Cat in the Hat.

Some say the cat, wearing a red bow tie and a large, red and white hat, was seen leading a parade at Edgewood Elementary School this week. Kim Miller, a fifth grade teacher, posed as the tall cat.

The Cat in the Hat was created by Dr. Seuss in the mid 1950s as a means to draw children away from popular cartoons and comics and interest them more in reading. His book, “The Cat in the Hat,” was published in 1957 and became an instant best seller. After that, Dr. Seuss became a household name. Billions of children around the world have read his books.

The Cat in the Hat’s birthday corresponds with an important day in childhood education, “Read Across America Day,” which is a national program held every year on March 2 sponsored by the National Education Association designed to combat illiteracy. On this day every year schools all over the country hold special events to encourage students to read.

Child care agencies participate in Read Across America

Story and photo by
HEATHER TASSMER
APG News

Aberdeen Proving Ground North Child Development Center and APG South Youth Center children are participating in the National Education Association’s Read Across America program throughout March.

The Read Across America national observance was March 2, in honor of Dr. Seuss’ birthday. The program’s purpose is to get young children excited about reading.

APG North Youth Center teens Jenelle Cann, and Kiara Kenion were guest readers for the program on March 8.

“If You’re Happy and You Know It” and “Goodnight Moon” were just two of the many books the teens read at their visit.

“It’s fun to read to them and have them read along with me,” Cann said. “It’s important to get them to start reading because when they get into school they will have to write book reports.”

The CDC’s theme for the program this year is “Read a Mile,” said Darlene Ford, APG North’s CDC assistant director. The goal is for the children to read 5,280 books.

For each book read at the CDC and at home, the CDC staff will tape a foot-long piece of construction paper with the book’s name and author in the centers’ hallways, Ford said.

“Books can open up the world to a child and take them places they may never otherwise have the opportunity to go,” she said. “All of the children at the center have thoroughly enjoyed our guest readers, reading books with the teachers and reading with family at home.”

The APG South Youth Center children are recording how much time they spend reading daily which will be used for a total count at the end of March, said Renee Main, site supervisor for APG South Youth Center.

Those who read for 60 minutes or more will receive a prize.



Jenelle Cann from the Aberdeen Proving Ground North Youth Center reads “If You’re Happy and You Know It” to Liberty Karch (second from left), Caitlin Rafferty (center) and Savannah Bennet March 8 during a celebration of the National Education Association’s Read Across America program.

Dental staff members visit Child Development Center

Story and photo by
HEATHER TASSMER
APG News

Children learned the basics of dental hygiene when members of the Aberdeen Proving Ground Dental Clinic Command visited the APG North Child Development Center Feb. 28.

Judi Scavuzzo, registered dental hygienist, and Spc. Dion Stewart, preventive dental specialist, showed an educational video, “Dudley Goes to the Dentist,” during their visit. The video featured songs about brushing teeth and educated children about the various tools dentists use. It also featured the procedures dentists perform on patients such as cleaning and fluoride treatments.

After the video was shown, the APG DCC employees reviewed the information with the children.

Scavuzzo named three ways children can keep their teeth healthy.

“You should brush your teeth, visit the dentist regularly and eat healthy food,” Scavuzzo said.

She asked them to give examples of healthy food and they named various vegetables.

“Always brush your teeth in the morning and at night,” Stewart said. “Have your moms and dads help you with



Judi Scavuzzo, registered dental hygienist, center, holds a stuffed bear while three-year-old Jawon Walker demonstrates how to brush teeth during an Aberdeen Proving Ground Dental Clinic Command staff visit to the APG North Child Development Center Feb. 28.

flossing your teeth.”

The children also had the opportunity to ask the APG DCC employees questions.

In addition, Scavuzzo asked volunteers to demonstrate the proper way to brush teeth on a stuffed animal.

Scavuzzo and Stewart distributed toothbrushes and coloring books to the children.

“It’s good to teach kids the fundamentals of dental health so that they can keep their teeth for a lifetime,” Stewart said.

Flo Vaughn, an education technician at CDC, discussed why the dental staff visit is beneficial for the children.

“A lot of the children are so young they haven’t had their first dental visit yet,” Vaughn said. “When the staff members visit, the children can ask questions they would be too afraid to ask while they’re in the dental chair.”

The children said they enjoyed learning about dental health.

“I learned that eating vegetables is healthy for your teeth,” Aida Miranda said.

“I liked watching the video because I saw a dentist working on someone’s teeth,” Connor Friend said.

APG News

The APG News, a civilian enterprise newspaper, is an authorized publication for members of the U.S. Army. Contents of the APG News are not necessarily official views of, or endorsed by, the U.S. government, Department of Defense, Department of the Army or the U.S. Army Garrison, Aberdeen Proving Ground. The newspaper is published weekly by the APG Public Affairs Office, ATTN: IMNE-APG-PA, Building 2201, APG, MD 21005-5001, 410-278-1150. Printed circulation is 8,900.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other nonmerit

factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source.

Editorial content is prepared, edited and approved by the APG Public Affairs Office. The APG News is printed by Homestead Publishing Company, a private firm in no way connected with the Department of the Army, under exclusive written contract with APG. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army or Homestead Publishing Company of the products or services advertised.

For advertising matters, call Homestead Publishing, 410-838-4400. Send articles or information for publication to the APG Public Affairs Office, Building 2201, IMNE-APG-PA, APG, MD

21005-5001; call the editor at 410-278-1150, DSN 298-1150; send a fax to 410-278-2570; or send e-mail to editor@apg.army.mil.

Deadline for copy is Thursday at noon for the following Thursday’s paper.

Staff

APG Commander Maj. Gen. Roger A. Nadeau
APG Garrison Commander Col. John T. Wright
Public Affairs Officer George P. Mercer
Editor Marguerite Towson
Editorial Assistant Marguerite Towson
Contract Photojournalists Yvonne Johnson
..... Heather Tassmer
Graphic Designer/Web Designer Nick Pentz
Web site www.apgnews.apg.army.mil.

CID warns against personal computer threat

‘Keylogging’ methods can steal TSP account funds

Story by
CHRISTOPHER GREY
CID

Soldiers, family members and Army civilians using their home computers to access Thrift Savings Plan accounts online can be vulnerable to having their personal information stolen, according to a recent alert posted on TSP’s Web site.

According to the alert, TSP officials have identified customers who are victims of a computer crime known as “keylogging” or “keystroke logging.”

Keylogging is a diagnostic tool used in software development that captures a user’s keystrokes, but in the wrong hands, it enables criminals to record all the typing on a keyboard without the user’s knowledge. The technique can capture a computer user’s TSP Personal Identification Number or other personal account information such as a Social Security number.

The director of the U.S. Army Criminal Investigation Command’s Computer Crime Investigative Unit, Michael Milner, said personal information is increasingly available on ‘keylogger’ lists for sale through criminal networks and so far, all of the TSP cases involve the transfer of electronic funds, since criminals normally prefer the ‘paperless’ way to steal money.

“Computer users should protect themselves from keyloggers and other malicious software and should promptly close the Web browser after they have checked their



TSP account information,” Milner said. “Users must remember that logging off a Web site does not clear a browser’s memory, and subsequent users might be able to access the TSP account information.”

Milner said he is unaware of any Army victims at this point, but strongly recommends computer users review their home system’s security effectiveness to reduce exposure to these types of attacks.

According to the TSP’s notice, external penetration testing determined the TSP record keeping system was not breached, but concluded personal information was compromised when keyloggers monitored each individual keystroke of some victims when they used home computers to enter their TSP PIN and Social Security number. TSP was also able to identify participants who had relatively small amounts withdrawn from their accounts.

As an added security measure, TSP has discontinued making electronic payments for online transactions, according to TSP officials.

Milner also explained that the best advice for computer users is to follow general computer security principles at home

and to download antivirus software.

Army personnel can download free antivirus software for their home computers by visiting the Joint Task Force–Global Network Operations (JTF-GNO) Web site, https://www.jtfgno.mil/antivirus/home_use.htm. They must access the JTF-GNO Web site from a “.mil,” or military computer system and authenticate with their government Common Access Card and PIN. After downloading the software, they can then install it on their home computers.

The U.S. Army Criminal Investigation Command, commonly known as CID, will continually release notices such as TSP alert through their “CID Cyber Lookout” program, an initiative aimed at helping Soldiers protect themselves and their families from becoming victims of cyber crime.

To view the TSP Alert, visit www.tsp.gov/account/login_security-news-ab.html.

To learn more about CID’s Computer Crime Investigative Unit, visit <http://www.cid.army.mil/CCIU.htm>.

Army Emergency Relief -- getting the facts correct

AER
Does AER get its money from the government?

No. AER does not receive any appropriated or nonappropriated government money.

From where does AER get its funds?

AER funds come from voluntary contributions from active and retired Soldiers and Army civilians, repayment of AER interest-free loans, investment income and unsolicited contributions.

Why does AER have a fund-raising campaign?

- To increase awareness

about AER

- To keep a tax exempt status by raising at least one third of the funds through donations
- To obtain funds to use in assistance programs

Do I have to contribute to AER to get assistance?

No. Anyone that is eligible for AER assistance and has a valid emergency need, can get help through AER funds.

Is there a dollar limit on AER help?

No. AER assistance will meet emergency needs.

Can an Army spouse get AER help if the Soldier spouse is

away?

Yes. Spouse should bring power of attorney, military ID card and substantiating documents to initial meeting.

How do I find AER when I need help?

First, see your unit commander, then, go to the AER Office on the installation. If there is no AER Office near, go to any of the following: American Red Cross, Air Force Aid Society, Navy-Marine Corps Relief Society, or Coast Guard Mutual Assistance.

The AER Office on APG is located in building 2754, room

201. For information on AER, call the AER Officer Marge Fissel, 410-278-2508; for information on the AER campaign, call the AER Campaign Coordinator Maj. Octavious Gibbons, 410-278-3000.

Preston

From front page

in light of the outpatient care situation at Walter Reed Army Medical Center, in which Soldiers and their family members were housed in sub-standard conditions in a former hotel outside the hospital compound, Preston said that despite the circumstances, “there should be no doubt in anyone’s mind that the healthcare we provide is very, very sound.”

He said that due to a phase out of the compound’s Directorate of Public Works, needed maintenance and repair requests were being handled by a civilian contractor which resulted in lengthy backorders and long waits for responses. A Soldier who had waited weeks for a leak to be repaired and had tired of putting up with the resulting mold and mildew contacted the Washington Post and the resulting publicity led to the dismissal of the WRAMC commander, the Army Surgeon General and the Secretary of the Army among others within that Soldier’s chain of command.

“It’s a sad story on all of us that we didn’t fix that,” Pres-



The Sgt. Maj. Of the Army, Command Sgt. Maj. Kenneth O. Preston, addresses attendees at the Senior Enlisted Logistics Summit held at Top of the Bay March 14.

ton said. “I guarantee you will be hearing about healthcare at Walter Reed for the next several weeks.

“The lesson to be learned is that we can do better,” he added. “We’ve got a very bureaucratic system out there and it’s very important that we don’t become complacent. I’ve learned in the last two weeks that if it’s not working, we’ve got to try something else.”

He said that the work order request process has since been streamlined and should be improving, and he advised all to act when they see something that needs fixing.

“I ask all of you to step back, think about it and make a concerted effort to improve the program,” he said. “Break down all these bureaucratic processes and make things better for our Soldiers.”

Women

From front page

accomplished. She also had attendees write their negative thoughts down and turn them into positive thoughts. Trieber said her main goals for the presentation were to teach attendees “to appreciate themselves, have influence on those around them and have joy everyday.”

Women’s Health Presentation

Capt. Shanekia Cain, chief of Preventive Medicine at Kirk U.S. Army Health Clinic, discussed heart disease. She said that more than 500,000 women die from heart disease each year, and named heart disease risk factors as age, race, sex and weight. Limiting sodium intake, having a balanced diet, reducing portions and drinking plenty of water are some ways to prevent heart disease, Cain said. She also talked about a sexually transmitted infection, human papillomavirus, or HPV. There are more than 100 types of HPV, and types 16 and 18 cause 90 percent of cervical cancers, Cain said. Penetration does not need to occur for someone to become infected with HPV, she said. The HPV vaccine is available at the clinic as a preventive method and is recommended for ages 9 through 26. Those who fall outside the age range should talk with their healthcare provider to receive the vaccine, Cain said. Cain can be reached at 410-278-1771. (See HPV article on page 12.)

“Assertiveness Training”

Women learned how to assert

themselves at this workshop. Aida Rivera, Army Community Service Family Advocacy Program manager and Installation Sexual Assault Response coordinator, identified aggressive, passive and assertive personality traits. Aggressive people tend to put their wants before others and blame others when something goes wrong, whereas passive people tend to continuously put others before themselves, Rivera said. “To be assertive you must say what you mean, mean what you say but don’t say it mean,” she said. In addition, women filled out assertiveness questionnaires, describing their levels of discomfort to situations like telling a person when they feel they have been treated unfairly or asking for constructive criticism. After sharing answers with the group, Rivera suggested what they need to change about themselves to be more assertive. “Assertiveness is tied into your confidence and your confidence is tied into who you believe yourself to be,” Rivera said. “Remember to honor yourself in the process. The best relationship you can have your whole life is the one you have with yourself.” Rivera can be reached at 410-278-7478.

“Invest for Success: Protect Your Future Assets”

Craig Tilghman, a financial adviser with the Edward Jones Financial Group, discussed foundational concepts of investing including having a plan, committing to quality investments, using tax-saving opportunities and reviewing investment plans with a financial professional. “People should start investing as soon as possible so they can reach their financial goals,” Tilghman said. “Time is their best ally.” In addition, Brian Casey, senior vice president of American Funds, shared success stories of specific investments, and Scott Coury, a regional product specialist with Genworth Financial, discussed protecting one’s estate from the high cost of home healthcare, assisted living and long-term healthcare.

“PowerPoint Tips and Tricks”

Jim Melones, training specialist with the U.S. Army Center for Health Promotion and Preventive Medicine, educated attendees on the basics of PowerPoint such as features and shortcuts during the hands-on session, “PowerPoint Tips and Tricks.” Attendees learned how to apply these techniques to their everyday assignments. Coleman said she was thankful to all of those who supported the conference. “We have been fortunate that various tenant agencies provide funding to continue to allow the committee to offer the training at no cost,” she said. “APG is fortunate that there are dedicated workers on the FWP committee that make events such as this so successful.” Several attendees said they enjoyed the conference. Andréa Jenkins, a secretary with the Joint Project Manager of Nuclear Biological Chemical Contamination Avoidance, said she tries to attend the conference every year. “Supervisors can really see the difference after their employees come back from the conference,” Jenkins said. “It brings a sense of a renewed self.” “I enjoyed the whole program,” said Barb McGuire, an employee with the Computational and Information Directorate of the U.S. Army Research Laboratory. “There were good choices in topics and good speakers.” One of the workshops McGuire attended was “Whose Office is it Anyway...” “I will use what I learned about turning a negative thought into a positive one when I go back to the office,” she said.

Attention departing card holders, billing officials

ACA APG DOC

When a cardholder or billing official is being reassigned, separated from federal service or retiring, a written request must be submitted by their billing official or office chief to the APG Directorate of Contracting Agency/Organization Program Coordinator (e-mail: creditcard@apg.army.mil) no later than 30 days prior to their departure. In extraordinary situations, when an

unscheduled departure is less than 30 days, notification of the departure shall be made as soon as it is known. The cardholder shall stop all purchase activity no later than 30 days prior to their departure and ensure their account balance is paid in full prior to their job reassignment, separation or retirement. The billing official is responsible for destroying the card and notifying the A/

OPC when the card or billing account has been paid in full. Termination of the billing official's account will also result in the termination of all cardholder accounts assigned to the billing official. The Civilian Personnel Clearance Form, EAP 1132, and DA Form 137-1R include the requirement for billing officials and cardholders to obtain the signature of the A/OPC or the alternate A/OPC prior to

terminating post employment. The APG DOC A/OPC and alternate are located in the Robert Morris Building at 4118 Susquehanna Avenue and are available from 1:30 to 4:30 p.m., Monday through Friday, to sign clearance forms. To ensure availability, call Diane Schneider, 410-278-0848 or Dennis Bolen, 410-278-0849 for an appointment. For additional information

regarding the Government Purchase Card Program, visit the APG DOC Web site, <http://www.apg.army.mil/apghome/sites/Restricted/aca/index.html>.

Annual Spring Technology Expo April 18

RDECOM/DOIM

The Corporate Information Office of the U.S. Army Research, Development and Engineering Command and the U.S. Army Garrison Aberdeen Proving Ground Directorate of Information Management will host the 2007 Annual Spring Information Technology Expo 9:30 a.m. to 1:30 p.m., April 18, at Top of the Bay. State of the art technologies will be featured from 3M Visual Systems, Accu-Tech, AT&T, Audio Visual Innovations, Avocent, Berlitz Languages, Best Buy Government, Business Machines, CACI, Capitol Cable & Technology, CDW-G, Commercial Data Systems, Corporate Express, Dell, Emtec (Westwood Computer), Enterasys Networks, F.A. O'Toole Office Systems, General

Dynamics, GovConnection, GTSI, Hellermann Tyton, HP, IBM, IMC Networks, L-Com, Log-Sec Corp., MBC Precision Imaging, MD Micrographic Service, MEDI, Metro Office Products, NEC Display, Nelson White Systems, Newark InOne, Office Eagle, Plantronics, Plug-In Storage, Praxis Engineering, Premier Technical Services, Sonic Foundry, Tally Genicom, Tellabs, Ward-Boland Associates/Liebert, Wright Line, Xerox and more. The event is free to all Department of Defense government and contractor personnel (with access to APG). Coffee and donuts and a light lunch buffet will be available. For more information, call Federal Direct Access Exposition toll-free 877-332-3976 or Chris Zukowski, RDECOM, 410-436-3873, or Susan Suppa, DOIM, 410-278-7598

IPM Star

From front page

their mission.” “The Army is committed to the well-being of the Soldiers and their family members,” O’Keefe said. “The IPM Star Certification is a tangible example of that commitment. You have gone beyond compliance and reached a new level of community stewardship by empowering yourselves to achieve the highest standard of protection for our children.” Dr. Tom Green, president and cofounder of the IPM Institute, echoed O’Keefe’s comment. “IPM is really important because children have small developing bodies, rapid metabolism and behaviors of crawling around on the floor and putting their hands in their mouths,” he said. He summarized IPM into four concepts: knowing the harmful effects of pests; emphasizing inspections to ensure early detection; tweaking treatments depending on the pest situation; and determining long-term preventive methods. Green said he evaluated the CDCs and CYSS on Sept. 12 in two phases. He said the first phase was examining pesticide application records, pest complaints and other documents. “APG earned points for not only providing IPM training to the staff administrators but also to the teachers,” Green said. “They kept up with cleaning after food was served and made sure no food was in their desks.” He said the Preventive Medicine staff from the Kirk U.S. Army Health Clinic also played a role in pest prevention with their monthly kitchen inspections. The pest management team also used a botanical-based pesticide which is “just as effective as the pesticides that are harmful to humans,” Green said. Green conducted an on-site evaluation of the buildings and gave suggestions such as fixing door seals and keeping vegetation from growing against buildings. He presented certificates to the staff supervisors of CDC, CYS and the entire pest management team for their efforts in safe pest control. Sheikh started the IPM program at APG in 1988 and said no spray pesticides have been used in the youth and development centers since then.

He said in the 1970s and 80s, thousands of pounds of pesticides were used annually. In 1993, the Secretary of Defense sent a letter to all installations, requesting a 50 percent reduction in pesticide use by 2000, Sheikh said. APG has achieved this reduction, and pesticide use is tracked on a daily basis, he said. “The IPM is the best way to take care of the pest problem,” Sheikh said. “We are really glad that people appreciate our efforts.” “It’s great to be recognized for something we’re doing and are continuing to do,” said Ruth Strauss, director of the CDC APG North. “Maintaining health and sanitation are our top priorities.” “I think what the IPM is accomplishing is very important to the health of the youth in the centers,” said Renee Main, site supervisor of the APG South Youth Center. “The IPM helps the centers to be proactive rather than reactive to issues.” Other dignitaries who attended the ceremony were Col. Richard Johnson of the Armed Forces Pest Man-

agement Board, Dr. Edward Evans from the U.S. Army Center for Health Promotion and Preventive Medicine,

Steve Hopkins from the EPA and Dr. Herb Bolton from the U.S. Department of Agriculture/AEC.

Visit APG
News
online at
[www.
apgnews.
apg.army.
mil](http://www.apgnews.apg.army.mil)

Community Notes

SATURDAY

**MARCH 24
BASKET BINGO**

Basket Bingo to benefit the Ladies Auxiliary to the Water Witch Fire Company will be held at the VFW Post 8185, Route 222, Port Deposit. Doors open at 6 p.m.; Bingo begins at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverages, baked goods, door prizes and raffles will be available.
For more information, call Anne Gibson, 410-378-3338, Bonnie Perkins, 410-378-2376 or Stephanie Gibson, 410-378-2672.

SUNDAY

**MARCH 25
SPRINGTIME
INTUSCANY
FUNDRAISER**

Family and Children’s Services of Central Maryland will host Spring Time in Tuscany, a wine tasting fundraiser at Bulle Rock in Havre de Grace, 2 to 5 p.m. The event will include wine tasting, heavy hors’dourves and music. Tickets cost \$55 per person. Funds raised will be unrestricted funds to benefit the programs of Family and Children’s Services of Harford County.
For more information, to purchase tickets, or to learn about corporate sponsorship opportunities, call Jennifer Redding, 410-838-9000.

MONDAY

**MARCH 26
ADMINISTRATIVE
PROFESSIONAL
MEETING**

The Harford County Chapter International Association of Administrative Professionals #441120 will hold its meeting 5:30 p.m. at the Harford Community College Chesapeake Hall, 401 Thomas Road, Bel Air. Harford County Executive David Craig will give a presentation on “BRAC and Future Job Outlook.”
Cost is \$12 per person with choice of chicken Divan or beef and mushrooms with noodles.
For more information or to register call Deborah Ault, RDECOM Acquisition Center, 410-278-0839.

**SATURDAY
MARCH 31
BASKET BINGO**

Basket Bingo to benefit the VFW Post 8185, Route 222, Port Deposit will be held at VFW Post 8185. Doors open at 6 p.m.; Bingo begins at 7 p.m. Tickets cost \$10 per person for all paper cards. Food, beverage, baked goods, door prizes and raffles will be available.
For more information, call Anne Gibson, 410-378-3338, Kathy, 410-642-9297, or VFW Post 8185, 410-642-9297.

SUNDAY

**APRIL 1
AUXILIARY 5337
OFFERS SUNDAY
BREAKFAST**

The Ladies Auxiliary of Harford County Memorial VFW Post 5337, 3705 Pulaski Highway in Abingdon will host Sunday Breakfast, 8 to 11 a.m. The cost is \$6 and includes choice of eggs, omelets, sausage, bacon, pancakes, French toast sticks, home fries, grits, cold cereal, fresh fruit, coffee, juice or milk. Proceeds will benefit VFW programs.
For more information, call 410-676-4456.

EASTER EGG HUNT

American Legion Auxiliary Edgewood Service Unit 17 will sponsor its annual Easter egg hunt for children up to age 12 at 2 p.m., at American Legion Post 17, 415 Edgewood Road, Edgewood. The children are invited to participate and have their picture taken with Mr. Bunny, free of charge. There will be door prizes for each age group, cup cakes and juices. In case of inclement weather, the Easter egg hunt will be held indoors.
For more information, call Jewel Gardner, president, 410-679-6177, or call the legion, 410-676-1147.

**SUNDAY
APRIL 8
EASTER MUSICAL
“SACRIFICE”**

The Edgewood Baptist Church Choir will perform “Sacrifice,” a free Easter Cantata, 7 p.m. at Edgewood Baptist Church, located on 422 Edgewood Road, Edgewood.

(Editors Note: More calendar events can be seen at www.apgnews.apg.army.mil under Community Notes.)

Post Shorts

at Aberdeen Proving Ground. Greg Kuester, from APG will present a briefing titled, "Update on the Enhanced Use Lease Program."

Space is limited and reservations are required. RSVP by March 27 to Tony Price, 301-732-1154 or e-mail tonp@lindbergh-assoc.com.

RAB meeting March 29

The Installation Restoration Program will hold its monthly Restoration Advisory Board meeting 7 to 9:45 p.m., March 29, at the Edgewood Senior Center on Gateway Road. The topic of the meeting will be an update on the Canal Creek and J-Field Study Areas.

Board meetings are open to the public; all APG employees and citizens are invited.

For more information, call the Information Line, 410-272-8842 or 800-APG-9998.

MWR offers Wizards vs. Bobcats tickets

Tickets are available to see the Washington Wizards play the Charlotte Bobcats 7 p.m., April 4, at the Verizon Center, Washington, D.C. Tickets cost \$40 per person for all lower level seating. Tickets for active

duty cost \$35 per person. ID card must be presented at the time of purchase. Tickets have been prepaid and are only available for a limited time.

For more information or to purchase tickets, call or visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Combat Lifesaver Course registration opens

Registration for the Army Combat Life Saver course is now done through the Aberdeen Proving Ground Fire and Emergency Services Division. The next CLS course will be held April 16 thru 20.

The course goes beyond basic first aid to teach various techniques to treat and stabilize injuries commonly suffered by troops in Iraq and Afghanistan as well as tactical evacuation procedures in a combat environment.

To register or for more information, units can contact Ray Campbell, assistant fire chief, 410-306-0566/0572, or Michael Slayman, emergency medical technician, 410-306-0572.

Free 2007 Military Handbooks available

Free military handbooks and guides for active and retired U.S. military personnel are available at **www.military-handbooks.com**. Handbooks for 2007 include the United States Military Handbook, U.S. Military Retired Handbook, Getting Uncle Sam to Pay for Your College Degree, Veterans Healthcare Benefits, Benefits for Veterans & Dependents, Children's Scholarship Handbook and After the Military.

MCSC accepting welfare requests

The APG Military and Civilian Spouses' Club is currently accepting requests for welfare funds.

Throughout the year, the club raises funds through apple pie sales, basket bingos and miscellaneous other events, to provide welfare monies to local schools, organizations, non-profit agencies, etc., along with scholarships.

In order to be considered for the welfare funds (which will be distributed monthly), a letter stating the requested amount and what the funds are needed for must be received by April 30. Requests should be mailed to MCSC-Welfare Chairperson, 2806-A McCloskey Road, APG, MD 21005.

For more information, call
Jeni Ford, 410/273-6626.

Subway opens at APG North Shoppette

The Subway restaurant at Aberdeen Proving Ground North is now open for business. Its hours of operation are 10 a.m. to 8 p.m., Monday through Saturday and 10 a.m. to 6 p.m. on Sundays.

For more information, call
410-272-4205.

(Editors Note: More Shorts can be seen at www.apgnews.apg.army.mil under Shorts.)

MOVIES

ADMISSION: ADULTS \$3.50, CHILDREN \$1.75
Building 3245 Aberdeen Boulevard
To verify listing, call 410-272-9008, or visit
www.aafes.com and click on "Movie Listing."

HANNIBAL RISING

Friday, March 23, 7 p.m.
Starring: Gaspard Ulliel,
Rhys Ifans
In Eastern Europe at the
end of World War II, a
young Hannibal watches
as his parents violently die,
leaving his young sister in
his care. Showing a cun-
ning aptitude for science,
he is accepted into medi-
cal school, which serves to
hone his skills and provide
the tools to exact justice
on the war criminals that
haunt him day and night.
This quest will ignite an
insatiable lust within a seri-
al killer who was not born,
but made. (Rated R)

**BREACH
(FREE ADMISSION)**

Saturday, March 24, 7 p.m.
Starring: Ryan Phillippe,

Chris Cooper
Eric O'Neill is promoted to a job inside FBI headquarters working for respected agent Robert Hanssen. Then O'Neill learns his true mission: finding proof that Hanssen has been selling American secrets to the Soviet Union for years. (Rated PG-13)

LETTERS FROM IWO JIMA

Saturday, March 24, 9 p.m.
Starring: Ken Watanabe,
Shido Nakamura

The story of the battle of Iwo Jima between the United States and Japan during World War II, as told from the perspective of two good friends serving in the Japanese forces, who watched helplessly throughout various battles as their comrades were killed. (Rated R)



MORALE, WELFARE & RECREATION

MWR conducts fitness training for staff members



Maria Arango and Ed Dela Cruz, employees with the Aberdeen Proving Ground Garrison's Community Recreation Division, re-familiarize themselves with Nautilus equipment during Fitness Fundamentals training at the APG Athletic Center March 6.

Story and photo by
YVONNE JOHNSON
APG News

Committed to providing the best customer support to the service members and civilians who use its facilities, the Morale, Welfare and Recreation Command provided an equipment orientation and basic fitness course to its athletic and fitness center staff members at the Aberdeen Athletic Center March 6 through 8.

Ralph Cuomo, APG sports director, organized the training with Summit Life Systems, a private company contracted by Family and Morale, Welfare and Recreation Command.

Jeremy Levine, owner and founder of Functional Fitness, conducted the Fitness Fundamentals Course.

Levine said that the goal was to offer "fundamental training and education for physical fitness knowledge."

"As FMWRC and Community Recreation shifts to cultural fitness, this leads to a level of higher qualifications for their patrons," Levine said. "They'll be safer, and trainers will be better qualified to assist with fitness programs."

The course began with classroom instruction focusing on

anatomy, individual muscle groups, the impact of repetitive activity, common sports injuries and how to avoid them and other subjects.

Levine said that the most common injury to service members during physical training is overuse and that focusing on the entire body will result in better overall fitness.

"If the ankle is not working right, the knee takes the hit and if the knee is not working right, the hip takes the hit and so on," he said. "Overall fitness means that everything has to work right and the muscles have to be supported right."

The hands-on portion of the course moved to the Athletic Center for an orientation on the center's nautilus, weight training and cardiovascular equipment.

Cuomo said that although staff members were familiar with all the equipment, and instructions on each machine are posted on the walls and on the equipment itself, the course would provide a better understanding and knowledge of its use and advantages.

"This will provide a more thorough understanding so we can better serve MWR customers in their fitness goals," Cuomo said.

The 12 class members included

one Aberdeen Proving Ground Soldier, six athletic, gym and fitness center employees, and five staff members from Forts Belvoir, Lee and Story, Va., and Picatinny Arsenal, N.J. They agreed that the training would be beneficial.

"It's important because there is always new information, and we can always learn more," said Rose Stewart, a recreation assistant at Hoyle Gym in APG South.

"It's important for people to be able to ask for information and suggestions. Everyone here is pretty much oriented and we can help you out."

Charity Dawson, an employee at the APG Florist Shop, said that she uses the equipment "three to four times a week."

"I just work out to stay fit," Dawson said, adding that she rates the available facilities an eight on a scale of one to ten."

"I pretty much work out on my own, and the staff and diagrams are very helpful," she said. "I would tell anyone thinking about getting in shape to come see what's [available] here. Once you get started, you don't want to stop. You really miss it after a couple of days and you can feel it."

Activities/Events

APG to host first Texas Hold 'em Tournament

Dealers needed; training offered

MWR

Morale, Welfare and Recreation will host a two-day Texas Hold 'em Tournament at Top of the Bay in the Down Under April 14 and 15.

The event is open to all authorized MWR patrons age 21 and older.

About 25 to 30 volunteer dealers are needed. Volunteers will be trained by tournament personnel. Those interested should contact Linda Holloway, MWR chief of Business Operations Division, 410-306-4520 or email linda.holloway@apg.army.mil.

Advanced registration is required. A fee of \$30 for

players includes entry and food. There is a \$5 fee for observers and food will be pay as you go. There will also be a cash bar.

Register by April 6 online at www.apgmwr.com or at MWR Registration, building 3326, or any of the other MWR outlets.

Holloway said that the Army Family and MWR Command is hosting this event at several installations. The tournaments are sponsored by Vault and Coors Light.

Texas Hold 'em Tournaments have caught the interest of young people around the world through televised tour-

naments and are gaining popularity among the military.

This event will mimic the famous World Series of Poker and will take place over one weekend. The event is an elimination tournament with multiple rounds. The number of participants will determine the number of rounds.

The first day, players will play until finalists have been determined and on the second day, the finalists play for local prizes and a \$500 gift card.

The installation winner will qualify to compete for the Army's 2007 Texas Hold 'em title in an online tourna-

ment to be held in June.

Prizes for the Army's online tournament include a \$650 gift card for third place and a laptop computer for second place with a grand prize of an Ultimate Home Theater prize package for the winner.

"There are a limited number of seats, only ninety-four, so players should register as soon as possible," Holloway said.

"This is a first for APG. If the tournament does well, we will host additional tournaments throughout the year," she said

Easter Brunch April 8

The annual Easter Brunch will be held 10 a.m. to 2 p.m., Sunday, April 8 at Top of the Bay. The price is \$19.95 for adults and \$9.95 for children ages 5 to 11. Children under 5 eat free.

Two buffets, breakfast and lunch, will be available at the same time and diners can select from one or both.

In addition, the Easter bunny will give out baskets to the children.

The Breakfast Buffet menu includes an omelet station, French toast, scrambled eggs, sausage and bacon, biscuits with sausage gravy, home fries, smoked salmon, bagels, muffins and Danish.

The Luncheon Buffet consists of a carving station with roast sirloin of beef and ham,

fried chicken, roast pork with apple dressing, baked cod, assorted vegetables, potatoes and rice.

A full dessert table, coffee, tea, juices, sodas and mimosas are included.

Groups of six or more should call in reservations in advance. All other seating will be on a first-come basis. Make reservations Monday thru Friday, 8 a.m. to 4:30 p.m., by calling 410-278-3062/2552/5195 by April 4.



Egg Hunt Extravaganza

Army Community Service will hold an Egg Hunt Extravaganza, 11 a.m. to 2 p.m., March 31 at Capa Field. Everyone is welcome to attend this free ticketed event.

For more information or to pick up free tickets, visit ACS North, 8 a.m. to 3 p.m., building 2754, 410-278-7572 or ACS South, 8 a.m. to 5 p.m., building E-4630, 410-436-3362.

Wizards vs. Charlotte Bobcats tickets

Tickets are available to see the Washington Wizards play the Charlotte Bobcats April 4, 7 p.m. at the Verizon Center, Washington, D.C.

Tickets cost \$40 per person for all lower level seating. Tickets for active duty cost

\$35 per person. ID card must be presented at the time of purchase. Tickets have been prepaid and are only available for a limited time.

For more information or to purchase tickets, call or visit MWR Leisure Travel Services, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Tour Ellis Island, the Statue of Liberty

Join MWR for a tour of Ellis Island and the Statue of Liberty, April 7. Cost of the trip is \$75 per person and includes roundtrip motorcoach transportation, ferry ride and admission into the Statue of Liberty. On the way back there will be a stop at Mastoris Restaurant in Bordentown, N.J. for dinner. The bus will depart 8 a.m. and

return 9 p.m. Last day for registration is March 23.

For more information or to register, call or stop by the MWR Leisure Travel Office, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Dover Downs Raceway Nextel Cup

Zoom on down to "The Monster Mile" Dover Downs Raceway Nextel Cup race on June 3. The bus departs 9:20 a.m. and returns approximately 8 p.m.

Experience the thrill of the speed, the unique white concrete track, the roar of the engines and cheers of the crowd.

Cost of the trip is \$130 and includes bus transportation and tickets - reserved seating on Turn 3, sections 139-149,

rows 1-30.

For more information or for registration, call 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Tickets for Jersey Boys in New York

See the Tony award winning musical "Jersey Boys," the story of Frankie Valli and the Four Seasons.

MWR offers tickets and transportation for the 3 p.m. show, Aug. 26, at the Wilson Theater, 52nd Street, New York City. Cost is \$170 per person and includes 1st mezzanine seating and roundtrip transportation. A limited number of seats are available. Open to all DoD ID card holders. Purchase tickets by July 26.

The bus will depart 7:30

a.m. and return 10 p.m.

For more information or to purchase tickets, call MWR Leisure Travel Services, Aberdeen

Recreation Center, building 3326, 410-278-4011/4907 or e-mail mwr_registration@apg.army.mil.

Sports

Ruggles holds spring time outing

It's not Caddyshack, it's a spring golf outing at Ruggles Golf Course, April 14 with an 8:30 a.m. start. Entry fee costs \$25 for annual patrons; \$50 for value card holders and authorized patrons; and \$60 for guests. Entry fee includes range balls, greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-278-4794, visit the Pro Shop at Ruggles or e-mail david.correll@us.army.mil.

Exton holds spring golf outing

Happy Gilmore and Bob Barker can't beat this golf event. A Spring Golf Outing

will be held at Exton Golf Course April 21 with an 8:30 a.m. start. The entry fee costs \$20 for annual patrons; \$30 value card holders and authorized patrons; and \$40 for guests. Entry fee includes greens fee, cart, continental breakfast, lunch and prizes.

For more information or to register, call 410-436-2213 or visit the Pro Shop at Exton or Ruggles or e-mail rueben.ferguson@us.army.mil.

Civilian sports leagues forming

Civilian sports leagues are now forming in basketball, softball, kickball and flag football.

For more information, contact Charles Heinsohn, 410-278-3868 or e-mail charles.heinsohn@apg.army.mil.

APG 90th Anniversary

Dawning of a new era in APG's 90-year history

90th Anniversary Celebration Calendar of Events

(All dates are subject to change and weather conditions.)

March

Women's History Month & Days of Remembrance - One Day (EEO)

- 20 thru 22, Army Family Action Plan, MWR, 410-278-7572
- 28, Town Hall meetings, APG South Conference Center, 9 a.m.; APG North Post Theatre, 2 p.m.
- 31, Easter Egg Hunt, MWR, 410-278-7572

April

- 14, Ruggles Golf Course holds APG 90th Anniversary Opening Day Golf Scramble, 8:30 a.m., MWR Ruggles Golf Course, 410-278-9452
- 21, Exton Golf Course holds APG 90th Anniversary Open Day Golf Scramble, 8:30 a.m., MWR Exton Golf Course, 410-436-2213
- 26, Law Day **luncheon**, Office of the Staff Judge Advocate, 410-278-1107

May

Asian Pacific American Heritage Month (EEO)/APG Open House/Military Appreciation/ Ordnance Week activities and anniversary balls

- 5, Spring Fest community event, 10 a.m. to 3 p.m., Fire

(Editor's note: This calendar will be updated as necessary. New or changed items will appear in italic bold print.)

and Emergency Services, 410-306-0533

- 13, U.S. Army Soldier Show, MWR, 410-278-4402
- 17, Military Appreciation Luncheon (sponsored by the Harford County Chamber of Commerce), *by invitation only*
- 19, 10K Armed Forces Day Run, MWR, 410-278-3812

June

- 2 and 3, Ruggles Senior Club Championship, 9 a.m., age 50 and older, limited to annual, MWR Ruggles Golf Course, 410-278-9452
- 11, Ruggles Super Senior Tournament, age 60 and older, MWR Ruggles Golf Course, 410-278-9452

July

- 26, *Army Community Service Birthday Picnic, 11 a.m. to 2 p.m.*

August /September /October

- TBA Army Concert Tour*

November 2007

- 15, *Military Family Movie, ACS, 410-278-4372, 6 to 9 p.m.*

December 2007

- 5, *ACS Christmas Party/Tree Lighting Ceremony, 410-278-4372, 6 to 9 p.m.*

APG Bowling Center

Snack Bar specials

Building 2342

Week of March 19

Special #1: Chicken cheese steak sub, potato chips, one cookie and soda for \$6.85.

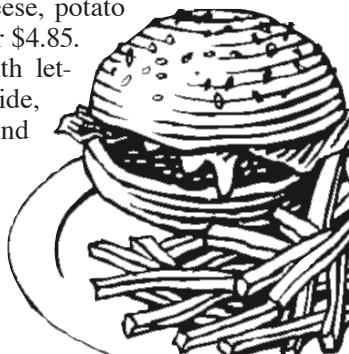
Special #2: Grilled cheese sandwich, soup of the day, one cookie and soda for \$4.75

Week of March 26

Special #1: Chicken tender wrap with ranch dressing, lettuce, tomato and cheddar cheese, potato chips, one cookie and soda for \$4.85.

Special #2: Tuna wrap with lettuce, mayonnaise on the side, potato chips, one cookie and soda for \$4.95.

For more information or to place an order, call 410-278-4041. Orders must be placed before 10:30 a.m.



Understanding NSPS terms

To help employees understand the NSPS conversion and its impact, *APG News* will provide weekly explanations to NSPS terminology. For more information visit the Web site, <http://www.cmps.osd.mil/nsps>.

Pay-for-Performance

NSPS is a pay-for-performance system that provides the Department of Defense with the tools necessary to compensate and reward its most valuable asset—its employees. NSPS is critical to DoD’s overall transformation to a results-oriented, performance-based culture. NSPS emphasizes these key concepts that are core to the system:

- *Accountability*—Employees are responsible for their careers and performance. Employees’ performance and contributions will pay off through salary increases and bonuses.
- *Flexibility*—NSPS is a simplified and adaptable management system that places the right people in the right jobs at the right time.
- *Results*—Employees’ performance and contribution link to achieving organizational goals and DoD’s critical mission.

Pay and Compensation

Under NSPS there are five ways employ-

ees can receive a pay increase:

- *Local Market Supplement* – Under NSPS, the LMS replaces locality pay and special salary rates. Employees are eligible for an LMS adjustment if they have a rating of record of Level 2 (Fair) or higher.
- *Rate Range Adjustment* – A change in the minimum or maximum range of a pay band based on market drivers. Employees are eligible to receive an increase in their base salary if they have a rating of record of Level 2 (Fair) or higher.
- *Performance-based Increase* – An increase in base salary and/or a one-time bonus.
- *Promotion* – Movement to a higher pay band on a temporary or permanent basis.
- *Reassignment or other placement actions* – Movement within the same or similar pay band.

Performance Affects Employees’ Pay

Employees’ pay is affected by their performance and contribution as it relates to the mission. Along with performance affecting rate range and LMS adjustments, it also affects what employees receive as performance payouts. The following table summarizes what employees are eligible to receive based on their performance ratings.

Performance Rating	Employees are eligible to receive...
5 – Role Model	<ul style="list-style-type: none">• Performance-based pay increases• Rate range adjustments• LMS increases
4 – Exceeds Expectations	
3 – Valued Performer	
2 - Fair	<ul style="list-style-type: none">• Rate range adjustments• LMS increases
1 – Unacceptable	<ul style="list-style-type: none">• No increases

School holds Career Day



Photo by JONI PLATT, 20TH SUPPORT COMMAND (CBRNE)
Capt. Chris Kelly, 20th Support Command (CBRNE), helps a student at C. Milton Wright High School with equipment during Career Day Feb. 20.



Channel 21 features Pentagon Channel programing

The Pentagon Channel will feature the following programs on Channel 21. These programs are subject to change each week and will be updated accordingly.

Monday

Around the Services, 8 a.m.
Focus on the Force, 10 a.m.
Army Newswatch, 11 a.m.
Freedom Journal Iraq/AF Prime Time, 1 p.m.
AFN Europe, 6:30 p.m.
Around the Services, 8 p.m.
Focus on the Force, 10 p.m.

Tuesday

Around the Services, 8 a.m.
Freedom Journal Iraq/AF Prime Time, 10 a.m.
Focus on the Force, 1 p.m.
Around the Services, 5:30 p.m.
Army Newswatch, 7 p.m.
Freedom Journal Iraq/AF Prime Time, 10 p.m.

Wednesday

Around the Services, 8 a.m.
Army Newswatch, 9:30 a.m.
Focus on the Force, 2 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.
Army Newswatch, 9:30 p.m.

Thursday

AF Prime Time/Freedom Journal Iraq, 10 a.m.
Around the Services, Noon
Focus on the Force, 1 p.m.
Around the Services, 8 p.m.
Focus on the Force, 9:30 p.m.

Friday

Around the Services, Noon
Freedom Journal Iraq/AF Prime Time, 2:30 p.m.

Army Football, 4 p.m.
AFN News Europe, 6:30 p.m.
Around the Services, 8 p.m.

Saturday

Focus on the Force, 9 a.m.
Around the Services, 10 a.m. – 12:30 p.m.
Freedom Journal Iraq/AF Prime Time, 4 p.m.
Army Newswatch, 7:30 p.m.
Focus on the Force, 9 p.m.

Sunday

Focus on the Force, 11:30 a.m.
Army Healthwatch, 2 p.m.
Army Newswatch, 4:30 p.m.

Army Newswatch – Bi-weekly report on the men and women of the Army

Around the Services – From the Pentagon Channel News Center, daily half-hour program featuring military news from top defense officials and the military services from around the world

RECON – A monthly information television program providing an in-depth look at a variety of topics, highlighting the accomplishments of U.S. Military men and women.

Your Corps – Monthly view of the men and women of the Marine Corps

Freedom Journal Iraq – A daily news program produced by American Forces Network Iraq. The program focuses on military missions, opera-

tions and U.S. military forces in Iraq

Navy Marine Corp News – A weekly look at the men and women of today’s sea service.

Opportunity Showcase - A monthly program dealing with a variety of subjects that benefit small business owners, transitioning military members and other subjects of opportunity-produced by the U.S. Air Force

The American Veteran - A half-hour video news magazine designed to inform veterans, their families and their communities about the services and benefits they have earned through their service to America and to recognize and honor that service

Battleground - Every weekend, this series features historic films from World War II, Korean War, and the Vietnam War. A Pentagon Channel Original Series

Focus on the Force – A weekly program highlighting missions, operations and people of the U.S. military.

Inside Afghanistan – Presents the latest from Operation Enduring Freedom, showing the activities of American Troops in country.

ATS Reloaded – ATS-Reloaded revisits the best of the week and keeps you updated on information that’s important to you.



Your health is KUSAHC's goal



Choosing KUSAHC for health care needs

KUSAHC

“The staff of Kirk U.S. Army Health Clinic would like to invite you to choose our facility for your healthcare needs,” said Lt. Col. William Rice, commander, KUSAHC. “At Kirk, your health is our goal.”

Upon arrival at Aberdeen Proving Ground, one of the most important steps before seeking care at KUSAHC is to ensure all Defense Enrollment Eligibility Reporting System, or DEERS information, is up to date. It is the sponsor's responsibility to ensure that his or her family members are registered correctly. It is important to verify any status changes such as marriage, divorce, a new child, residential address, telephone numbers and e-mail addresses are current in the DEERS sys-

tem. The data determines eligibility for TRICARE health benefits. The DEERS office is located in building 4305. The phone number is 1-800-538-9552.

“At Kirk, we are fortunate to have Health Net on site to help explain any questions concerning TRICARE benefits,” Rice said. “The Health Net staff works with the Military Treatment Facility to deliver outstanding customer support.”

Most beneficiaries can choose from several different TRICARE health care options.

“Be sure to review the TRICARE Beneficiary Handbook to learn about each program's options,” Rice said. “The advantages of choosing TRICARE Prime are lower cost and less paperwork for you.”

TRICARE Prime beneficiaries are

treated at KUSAHC.

“Come in and register your family so there is no interruption in their healthcare coverage. You will also be assigned your Primary Care Manager at the same time. Additionally, Kirk has a health benefits advisor and a patient advocate for assistance,” he said.

The following services are available at KUSAHC: General Medicine Clinic, Community Health Nursing, Pediatric Clinic, Occupational Health Clinic, Pharmacy, Physical Exam Clinic, Optometry Clinic, Physical Therapy, and Behavioral Health Service and Social Work/Family Advocacy Programs. There are Troop Medical Clinics at both APG North and South sites.

“Remember, your health is our goal,” Rice said.

Army announces Wounded Soldier Hotline

Army News Service

The Army opened the phone March 19 on its new Wounded Soldier and Family Hotline, providing wounded and injured Soldiers and their family members with another way to resolve medical issues.

The hotline also provides an information channel for Soldiers' medical-related issues to go directly to senior Army leadership in order to improve the way the Army serves the medical needs of Soldiers and their families, said the commander of U.S. Army Human Resources Command, Maj. Gen. Sean J. Byrne.

“We designed this call center to be able to collectively hear what Soldiers say about their health care issues so as issues are raised, we can identify systemic faults or problematic areas and senior leaders can better allocate resources,” Byrne said. “It's all about serving our wounded and injured Soldiers and their families. If we can find a way to improve our system, we will. It's that simple.”

Many wounded and injured Soldiers who have supported the Global War on Terror, and their families are enduring hardships in navigating through the medical care system, Byrne said.

“Our Army is committed to providing outstanding medical care for the men and women who have volunteered to serve this great nation,” Byrne said. “But recent events at Walter Reed Army Medical Center made it clear the Army needs to revise how it meets the needs of our injured and wounded Soldiers and their families. In certain cases, the chain of command could have done a better job in helping to resolve medically related issues.”

Leaders in the chain of command need to know that this call center exists, and that it was not created to circumvent the chain of command, Byrne said.

“In this particularly challenging time, as our senior Army leadership looks to ways to improve our service to wounded and injured Soldiers and their families, this is another step in the direction of improvement,” he said “Our wounded and injured Soldiers and their families expect and deserve the very best care and leadership from our Army.”

The Wounded Soldier and Family Hotline can be reached from 7 a.m. to 7 p.m., Monday through Friday, at 800-984-8523. It is anticipated that service will be expanded to 24 hours soon. The call center is under the command of the U.S. Army's Human Resources Command.



Avoid trans fat warns Army nutritionist

Story by
JORGE GOMEZ
Army News Service

New York City is banning trans fatty acids from its restaurants. Kentucky Fried Chicken, Wendy's, Chili's and Ruby Tuesday have already eliminated trans fat from their menus.

The preoccupation with removing trans fat comes from the latest research showing that even small amounts of this fat in the diet can have harmful health effects, according to the Harvard School of Public Health.

Tens of thousands of heart attacks and cardiac arrests could be prevented if trans fat were removed from the industrial food supply, according to HSPH researchers.

Studies show that for every two percent of calories consumed from trans fat, the risk of coronary heart disease increases by 23 percent.

Dining facilities at Fort Lee,

Va. and many other installations are moving away from trans fat products and oils, said Johnnie Durant, Installation Food Program manager.

“We are trying to buy as many products as we can that don't have any trans fat, like canola oil,” Durant said. “But, we're looking at a new oil because canola oil doesn't fry as well as regular trans fat oil. We're concerned about it because of the health of the Soldier.”

For someone who consumes 2,000 calories per day, 2 percent of total calories represents 40 calories from trans fat - about the amount found in a medium order of French fries.

Since Jan. 1, 2006, the U.S. Food and Drug Administration requires manufacturers to list the amount of trans fat per serving in their products on the nutrition fact panel.

However, trans fat does not have to be listed if the total amount of fat in the food is

less than 0.5 gram per serving. In other words, a product with 0.49 grams of trans fat per serving does not need trans fat listed on the nutrition label, even though two servings of crackers could very well amount to nearly a gram.

“Sometimes the labels can be misleading, so people should read the ingredients,” said Capt. Suzanne Akuley, dietician and nutrition instructor for the Army Center of Excellence, Subsistence. “Ingredients are listed from the most to the least amount. If there's any mention of ‘hydrogenated’ or ‘partially hydrogenated,’ it means there's trans fat in there somewhere.”

For example, a label on the top corner of a bag of tortilla chips may say the product includes no trans fat, and the nutrition panel may list 0 grams of trans fat per serving. But, the ingredients list “partially hydrogenated soybean.”

If the same particular brand

of chips actually contains 0.4 grams of trans fat per serving, the consumer will take in nearly a gram of trans fat after eating only 22 chips.

Vegetable shortening is another ingredient that contains trans fat.

Trans fat is worse for cholesterol levels because it raises the “bad” (Low Density Lipoprotein) and lowers the “good” (High Density Lipoprotein) cholesterol, Akuley said.

LDL is considered bad because it is a risk factor for heart disease. HDL is good because it carries cholesterol from body cells and tissues to the liver for excretion from the body, Akuley said.

That's why polyunsaturated and monounsaturated fats found in nuts, avocados and peanut butter are good. They result in less LDL and more HDL production in the body.

For more information on trans fat, **visit www.fda.gov.**

FDA investigating norovirus outbreak linked to oysters

Consumers advised to avoid raw oysters harvested from San Antonio Bay

FDA

The U.S. Food and Drug Administration is investigating an outbreak of norovirus-associated illness linked to eating raw oysters harvested from San Antonio Bay, Texas.

The FDA advises consumers to avoid eating raw oysters harvested from this area after Feb. 1, as a result of reports of illnesses in people who attended a Maryland event where these oysters were served.

Consumers who ate oyster products served in restaurants after Feb. 1 and experienced symptoms of norovirus are encouraged to contact their healthcare provider and local health department. Consumers concerned about oysters purchased during this period should contact their place of purchase to determine if the oysters are from the affected lot of oysters.

To date, illnesses have been reported by 25 individuals who ate raw oysters over the weekend of Feb. 9 through 11 at a bull and oyster event in Maryland. The Maryland Department of Health & Mental Hygiene's test results from ill patients are positive for norovirus.

The implicated oyster beds in the San Antonio Bay were closed by the



http://www.scieng.flinders.edu.au/biology/people/qin_j/research.html

Texas Department of Health Services on Feb. 24, and remain closed. Bayview Seafood, a distributor in Seadrift, Texas, issued a voluntary recall on Feb. 26.

Another distributor, Rose Bay Oyster Company of Swanquarter, N.C., issued a voluntary recall on Feb. 28. Oysters subject to the recall were mislabeled by the Rose Bay Oyster Company, indicating Galveston Bay as the harvest area; the implicated oysters were actually harvested from

San Antonio Bay.

Oysters with tags that read: “Gal 1, 2/2/07” are subject to the recall.

FDA will continue working with health officials in Maryland to track any additional cases of norovirus illness, and will continue to provide regular updates to the public as this investigation unfolds.

Symptoms of illness associated with norovirus include nausea, vomiting, diarrhea and stomach cramping. Affected individuals often experience

low-grade fever, chills, headache, muscle aches and a general sense of tiredness. Most people show symptoms within 48 hours of exposure to the virus. The illness typically lasts one to two days.

Persons with weakened immune systems, including those affected by AIDS, and persons with chronic alcohol abuse, liver, stomach or blood disorders, cancer, diabetes or kidney disease should avoid raw oyster consumption altogether, regardless of where the oysters are harvested.

Cooking destroys the virus, eliminating the risk of illness for both healthy and immunocompromised individuals. FDA advises that it's always best to cook seafood thoroughly to minimize the risk of foodborne illness.

Consumers can continue to enjoy oysters in many cooked preparations by following FDA advice.

At restaurants and other foodservice establishments:

- Order oysters fully cooked.

In the shell:

- Purchase oysters with the shells closed. Throw away any oysters with shells already opened.

Recommended methods for preparing oysters for eating:

- Boil oysters until the shells open. Once open, boil for an additional three to five minutes.

- Steamer - add oysters to water that is already steaming and cook live oysters until the shells open; once open steam for another four to nine minutes.

- Use smaller pots to boil or steam oysters. Using larger pots, or cooking too many oysters at one time, may cause uneven heat distribution, which may cause the oysters in the middle to not get fully cooked.

- Discard any oysters that do not open during cooking.

Shucked oysters:

To prepare oysters for eating, choose one of the following methods:

- Boil or simmer shucked oysters for at least three minutes or until the edges curl.
- Fry at 375 degrees Fahrenheit for at least three minutes.
- Broil three inches from heat for three minutes.
- Bake at 450 degrees Fahrenheit for 10 minutes.

For more information contact the FDA Food Safety Hotline, 1-888-SAFEFOOD or the FDA Web site, <http://www.cfsan.fda.gov/list.html>.

TRICARE benefit covers HPV vaccine

Vaccine available at Kirk U.S. Army Health Clinic

TRICARE Management Activity

Human papillomavirus infection is a concern for girls and young women because it can lead to cervical cancer. TRICARE wants its beneficiaries to know a preventive vaccine is available, and that the vaccine is a TRICARE covered benefit.

The Centers for Disease Control and Prevention reported that in 2006, approximately 9,700 cases of cervical cancer were diagnosed in the United States, and approximately 3,700 women died from the disease. Nearly all cervical cancer cases are associated with an HPV infection.

“It is important for us to protect our beneficiaries from preventable disease whenever we can,” said Army Maj. Gen. Elder Granger, deputy director, TRICARE Manage-

ment Activity. “So, we cover all immunizations the CDC's Advisory Committee on Immunization Practices recommends and adopts.”

The CDC recommends a three-dose schedule for the HPV vaccine with the second and third doses administered two and six months after the first dose. They recommend routine vaccination with HPV for girls 11 to 12 years old. Doctors may start the vaccination series in girls as young as nine years old, and can give a catch-up vaccination to 13 to 26 year olds who have not been vaccinated previously or who have not completed the full vaccine series.

The HPV vaccine is available at Kirk U.S. Army Health Clinic for eligible beneficiaries.

“The vaccine provides pro-

tection from certain types of HPV that can lead to cervical cancer,” said Capt. Shanekia Cain, chief of KUSAHC Prevention Medicine.

“Women should also have routine screenings done for early detection and treatment,” she said. “The vaccine does not protect from other sexually transmitted infections, so individuals should use safe sexual practices if they are sexually active.”

Also, the new vaccine does not protect against every type of HPV infection and can't prevent all cervical cancers. So getting vaccinated does not eliminate the need for screening pap smears, or reduce the importance of regular gynecological exams.

Cain advises members to talk with their health care provider for more information.

LEAVE DONATIONS

To participate in the Voluntary Leave Program, use forms OPM 630, Application to Become a Leave Recipient Under the Voluntary Leave Transfer Program; OPF 630-A, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (within agency); and OPM 630-B, Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (outside agency). For more information, call Ronda McKinney, 410-278-8988, or e-mail rondamckinney@usag.apg.army.mil.

Employees eligible for donations in the Voluntary Leave Transfer Program

James Addas
Sarah Blevins
Sarah Boats
William Bond
Sandra Boyd
Debra Bonsall (daughter has brain tumor)
Jeanie Bowman
Kim Brooks
Leroy Carter
Stephen Carter
Rogelio Chevannes
Brett Christy
John Daigle
Shelia Davison (benign paroxysmal positional vertigo)
Jeannette Dennis
Marc Devecchio

Dawn Folck
Susan Gorhan
David Harding
Hester Hayes
Cathleen Holmes
Rick Jernigan
Carolyn Johnson
Karen Kimble
Beverly King (caring for husband)
Lydia Langley
Joyce Mauldin
Louis McCarter (kidney failure)
Nicole McKew
Sandra Miller
Karen Moss
Trudie Norman
Ify Okoye

Mary Pettitway
Carol Piper
Lester Pilcher
Karen Privat
Greg Pryor
Judith Rembold
Barbara Seker
Shila Smith
Joyce Spies
Joan Taeuber
Alison Tichenor
Elizabeth Usmari
Christine Wheaton
Kimberly Windisch
Louis Winters
Roberta Witherspoon
Sharon Woods
Charles Young



Sports

HHC 16th wins basketball championship over Company B 16th, 37-33

Story and photos by
YVONNE JOHNSON
APG News

After several disappointing seasons Headquarters and Headquarters Company, 16th Ordnance Battalion regained its footing and overpowered a youthful Company B 16th in a 37-33 win to claim the intramural basketball post championship at the Aberdeen Athletic Center March 13.

Led by coaches Gregory Washington and Rodney Pitts, HHC 16th, and Isaiah Walker, Company B 16th, the teams battled and kept it close for nearly the entire game until the noncommissioned officers pulled away near the end.

Turnovers and missed shots plagued the low-scoring first half, which HHC 16th led 12-9 at the break, and both teams expressed confidence in their chances for victory.

“Right now they’re playing great team ball,” Washington said. “It’s been a long time since HHC was up there in basketball. Us old guys are doing it again.”

He said that for the second half he told his players to “do the same thing they’ve been doing all season.”

“Just play good team ball,” he said.

Walker said he liked Company B’s chances despite the fact that the team lost three times to HHC 16th during the season including the first round of post-season play.

“We’ve had a good season and we’ve got a good chance tonight,” Walker said, noting that the team “came up through the losers bracket” to face HHC in the championship game.

He said he told his players to “continue to push the ball” in the second half.

“To get them tired, we’ve got to run it and push it,” he said.

“Once again experience beats out youth,” Washington said after his teams’ victory. “This is the best team HHC has had in a while and we are going for whatever is next,” he said, adding that the unit goal is to win the Commander’s Cup.



From left, Germaine Wright, Company B 16th; Alphonso Ash, HHC 16th; Isaiah Harris, Company B 16th; Floyd Coleman, HHC 16th and Jamal Gaines, Company B, position themselves for the rebound during the intramural basketball championship game at the Aberdeen Athletic Center March 13.

Washington named Eric Hollis the team MVP.

“He came through the whole season,” he said.

Hollis said that unity and faith played a role in the win.

“We play together, and it was God’s will for HHC to take it,” he said.

Company B coach Walker told his players not to hang their heads.

“We played good,” he said, “but somebody had to come out the loser. I think we gave them a great game.”

The game’s high scorers were HHC 16th’s Christopher Smith with 11 points and Company B’s Lawrence Gaines with 10.

Both expressed pride in their coaches and teams.

“The motivation of my coach and my drill sergeant has been there for us whenever we needed it,” Gaines said. “I know it’s made me a stronger individual and player.”

“Our team played dedicated and focused,” Smith said. “We played as one. If not for them, I wouldn’t have as many points as I had. There are no individuals here.”

Basketball update

The following results were received for the intramural basketball post-season tournament held March 5 to 13.

Results	MARCH 7
MARCH 5	CBRNE, 69; Company A 16th, 46
Company A 143rd, win;	Company B 16th, 45;
KUSAHC, loss	Company A 143rd, 29
Company C 16th, 55;	MARCH 8
Company A 16th, 48	HHC 16th, 50; Company C 16th, 41
CBRNE, 41; CHPPM, 24	Company B 16th, 51;
HHC 16th, 54; Company B 16th, 49	CBRNE, 46
MARCH 6	MARCH 12
Company C 16th, 44;	Company B 16th, 44;
Company A 143rd, 26	Company C 16th, 33
HHC 16th, 54; CBRNE, 45	MARCH 13
Company A 16th, win;	HHC 16th, 37; Company B 16th, 33
KUSAHC, forfeit	
Company B 16th, 57;	
CHPPM, 36	

Commander’s Cup point standings

The Commander’s Cup is awarded by the APG Garrison commander each December to the unit that scores the most points in intramural sports during the year. Units accumulate points by participating in Basketball, the Bench Press Competition, the 3-on-3 Basketball Tournament, Racquetball, Volleyball, Softball, Golf, the Deadlift

Competition, Dodge Ball, Bowling, Tennis, Golf, Kickball, Soccer and Flag Football. Points are also awarded for unit participation and attendance at sports council meetings. The following is the current Commander’s Cup point totals. For questions regarding statistics, contact Donna Coyne, 410-278-3929.

Unit	Points
Company B 143rd	65
Company C 143rd	62
USMC	38
HHC 16th	24
Company B 16th	17
Company A 16th	14
Company C 16th	12
Company A 143rd	10
USAF	10
NCOA	3
Natl Guard	3
ATC	2
HHC 61st	0
Company E 16th	0
20th Support	0
22nd Chemical	0
HHC 143rd	0
AMC Band	0
AML	0
CHPPM	0
KUSAHC	0
MRICD	0



From left, in uniform, Command Sgt. Maj. Anthony Slater, 1st Sgt. James Bell and unit commander, Capt. Michelle Nhambure pose with the HHC 16th intramural basketball post champions.



Army News

Families First Casualty Call Center helps families heal

Story by
J.D. LEIPOLD
Army News Service

It's been a year since the Army's Human Resources Command launched the Families First Casualty Call Center in Alexandria, Va., to offer additional assistance to families of fallen Soldiers who were lost in combat or by accident.

The toll-free, one-on-one telephone support program has helped more than 3,000 immediate and extended families by providing ongoing support services and links to other resources to help alleviate the pain of losing their Soldier.

"Long after casualty assistance officers have concluded their duties, families often face issues or have questions regarding insurance benefits and support programs," said Lt. Col. Robert Deckard, who leads the call center. "It's our job to help families find answers to those questions, so we function as an extension of the casualty assistance officer."

When a Soldier is lost, the

first person to make contact with the family is the casualty notification officer, who is sometimes accompanied by an Army chaplain. Within four hours of death, the CNO will try to visit the home of the primary next of kin to inform them of their Soldier's death. The CNO's responsibility is to let the family know the circumstances as best the Army knows at that time and to provide emotional support. Families are also informed that circumstances behind the Soldier's death could change following further investigation by the Soldier's command.

Generally, within four hours of the CNO's departure, the casualty assistance officer calls the family and sets up a meeting to discuss final arrangements. The CAO assists the family with funeral arrangements, survivor benefits, and the Soldier's personal items, along with any pay due, citations and awards.

As hard as the CAO works to ensure all is in order and resolved to the family's satisfaction, sometimes things fall through cracks or changes are made to benefits that are retroactive, but which the family is unaware of. That's where the FFCCC comes into play.

"One of the major areas we handle are the survivor benefits, which deals directly with the death gratuity benefit and service member's group life insurance," Deckard said. "While these are things the CAO normally addresses and takes care of, one of the things we're doing now as a result of changes made in 2006 is working in a retroactive manner. That involves contacting next of kin to tell them about increases in benefits they're entitled to."

A significant change was the National Defense Autho-

rization Act, which became effective Jan. 6, 2006, and increased the amount of death benefits paid to beneficiaries. The death gratuity increased from \$12,000 to \$100,000, and applies to beneficiaries who lost their Soldiers between Oct. 7, 2001, and Jan. 5, 2006. Likewise, SGLI increased from \$250,000 to \$400,000, and applies to beneficiaries who lost their Soldiers between Oct. 7, 2001, and Sept. 1, 2005.

"We're going back and trying to notify all the families who are affected by those changes to benefits, and that's the challenge for us," Deckard said. "The database we use doesn't always have the most current phone numbers or addresses - families move. Even so, we've been able to assist more than a thousand beneficiaries with applications for enhanced death benefits made possible by the National Defense Authorization Act."

While the FFCCC is proactive in its efforts to locate families entitled to enhanced gratuity and insurance benefits, the center encourages families to call the center regarding their lost Soldier's benefits, reports, awards, pay and allowances.

"We have six prior military service personnel who answer the phones around the clock, twenty-four-seven, to assist them with further information, perhaps an autopsy report, a citation, Montgomery GI Bill, the Soldier's possessions or anything misplaced in the process with the CAO that wasn't resolved," said Deckard. "Many of the organizations the families have to deal with are here in the Human Resources Command, so often we can take care of an issue by making a phone call or walking down the hall."

FFCCC views itself as a one-stop shop dedicated to not just resolving issues concerning the lost Soldier, added Deckard. They're equally concerned with the welfare of the families who sometimes don't know where to turn for assistance with respect to carrying on with their own lives.

"Another resource families may not be aware of is our support programs and connections to outside sources of assistance," Deckard said. "We have well over seventy-five non-profit organizations who work within specific areas of family, whether it be bereavement counseling, peer mentoring, stress management, legal assistance - a lot of times families don't know about these organizations and the benefits they make available, so we act as a conduit."

A relatively new element of FFCCC is the Tragedy Assistance Survivors Program, through which families who've lost a Soldier and healed can help a family suffering a recent loss. Deckard said sometimes family members who have been through a similar situation are able to connect in a way that others can't. He also said the center has been aided greatly by families who have been providing feedback on how the center's processes can be improved upon.

"For a family, we know the loss of their Soldier is traumatic," Deckard said. "We want them to know we're here for the long haul, the long term, even a couple of years from now. Our Soldier's families won't be forgotten; we just welcome the opportunity to better serve them."

Families who have lost their Soldiers are encouraged to call an FFCCC support coordinator, toll-free, 866-272-5841, or visit the center online, **www.armyfamiliesfirst.army.mil**.

DoD overhauling Disability Evaluation System

Story by
JIM GARAMONE
American Forces Press Service

The Defense Department is putting in place reforms to its disability evaluation system and working to ensure the decisions of the Disability Advisory Council are fast and fair, Pentagon officials said Feb. 23.

The system is used to evaluate service members' disabilities and separate or retain them, as appropriate. Service members who are separated with at least a 30 percent disability rating receive disability retirement pay, medical benefits and commissary privileges. With a rating below 30 percent, veterans receive severance pay but no benefits.

In the past, each service had its own disability evaluation system. Now DoD has put in place an overarching DoD-level framework with a single information system, Pentagon officials said. Each service manages its caseload under that framework.

The War on Terrorism has taxed the system, officials said. Medical and transportation advances have allowed more service members to survive more serious wounds than in previous wars. In fiscal 2006, service eligibility board caseloads were 13,162 for the Army, 5,684 for the naval services, and 4,139 for the Air Force. In 2001, the numbers were: 7,218 for the Army, 4,999 for the naval services and 2,816 in the Air Force.

DoD officials acknowledge that service members have complaints about the system.

According to recent media reports, service members have complained that the military services are not consistent in evaluations and do not follow the Department of Veterans Affairs schedule of rating disabilities. They say it takes too long for evaluations to be processed, the process is unnecessarily complicated, and personnel running the system are inadequately trained in its nuances.

DoD is aware of these problems and is working to

address them, said Marine Maj. Stewart Upton, a Pentagon spokesman. "We are in the midst of a business-process review that will generate improvements to program effectiveness," he said. "We are especially concerned with a balance of what constitutes prompt adjudication, while maintaining reasonable flexibility within the system to ensure recoveries are not inappropriately rushed."

He said the services have increased the number of people involved in the process.

DoD is committed to providing quality health care to service members and a "full and fair due process" for disability evaluation and compensation, he said.

In fiscal 2006 most cases were processed within 70 days, officials said.

The disability process begins with medical evaluation boards at military hospitals.

Attending physicians evaluate each patient, looking at conditions that may make the service member unfit for duty.

If the condition or wound is judged to make the service member unfit, the board refers the case to a physical evaluation board. The board has a mix of medical officers and line officers. They determine if the problem is service-related or not. The panel further recommends compensation for the injury or condition and recommends the disability rating.

The Army has three boards at Fort Sam Houston, Texas; Walter Reed Army Medical Center; and Fort Lewis, Wash. The Navy has a board at the Washington Navy Yard.

The Air Force board meets in San Antonio.

"Service members are afforded due process to ensure their cases and concerns can be fairly considered," Upton said. "Service members also have rights of appeal at specific points in the process should they disagree with their ratings."

Army provides details on Plus-up Force Training

www.army.mil

The U.S. Army provided details Feb. 27, of the training preparations and readiness for the five Brigade Combat Teams and a division headquarters identified as part of the plus up of forces for Operation Iraqi Freedom.

The Army is meeting a challenging deployment schedule with many of its active component units approaching one year or less of dwell time at home station before rotating back into either Iraq or Afghanistan. This compressed deployment cycle has decreased unit preparation time available to reach the required readiness standards prior to deployment.

"The Army has superb leaders who want as much time as we can give them to train their units before deployment," said

Lt. Gen. James Lovelace, the Army's Deputy Chief of Staff for Operations. "The simple fact is that no unit will leave their home base without being properly trained. All units in the current rotation and future rotations will be trained to standard and will be properly prepared for their assigned mission.

"With the accelerated deploy-

ment schedule, we accept more risk, certainly," said Lovelace, "but the leadership in each of the identified units has deemed the risk acceptable after applying mitigating factors. We are not lowering our standards to rush Soldiers into the fight, and we continue to deploy the best trained forces, best equipped forces and best led forces in the world."



Upcoming Better Opportunities for Single Soldiers events

Contact Sgt. Eugenia Richards, BOSS president 410-278-3631

NY trip

BOSS will be visiting Middle School 319 in New York April 4 to talk to students about the Army. The group will leave from the APG North Recreation Center at 5:30 a.m. Those interested in attending the trip should call Richards or the Recreation Center, 410-278-2621.

Commissary Awareness Month

BOSS members will be giving a nutrition briefing and conducting a scavenger hunt for Commissary Awareness Month. They will also be giving commissary gift certificates to scavenger hunt winners. Those who want to sign up

for the BOSS commissary event should contact Richards by April 15.

AFRH visit

The group will be visiting the Armed Forces Retirement Home in Washington, D.C., May 16. The trip starts at 6:30 a.m. and ends at 4 p.m. The attendees will leave from the APG North Recreation Center. Those interested in attending the trip should contact Richards by May 4.

Next meeting

Those interested in joining BOSS can attend the next meeting at 1 p.m., March 28, at the APG North Recreation Center.

Chapel News

Sewing social begins at chapel

A Sewing Social will be held 10 a.m. to noon, March 27, in the APG Main Chapel, classroom 3. Anyone who likes to sew or wants to learn how to sew is invited to hang out with

ladies who want to have fun and learn a new hobby.

There are sewing machines and materials for a small project. For a larger quilt project, bring six pairs of jeans and flannel fabric.

Free child care will be provided.

Protestant Women of the Chapel hold general meeting

PWOC will hold a general meeting, 9:15 to 11:30 a.m., March 22, at the APG Post Chapel. The topic will be World Missions. There will be a guest speaker and international food will be provided. Regular Bible studies resume March 29.

PWOC will hold Tuesday Night Bible Study, 7 p.m. at the Post Chapel, classroom 4.

Bible studies are always open for newcomers; join the PWOC any time.

For more information call, Chaplain (Maj.) Fred MacLean, 410-278-4333.

Catholic Women of the Chapel

The CWOC meets 6:30 to 8:30 p.m. every other Monday at the Main Post Chapel. Check the bulletin boards at the Main or South Chapel for a complete schedule.

Children’s Play Group

Army Community Service sponsors a Children’s Play Group, 9 to 11 a.m., each Wednesday at the Main Post Chapel playroom.

Parents and their small children are invited to join others for some “fun time.”